

## ABSTRACT OF THE DISCLOSURE

The sock is particularly adapted for use in Yoga exercises, Pilate exercises, stretching and other mat-based exercises, and comprises a sock made of a  
5 natural, plastic or synthetic fiber. The sock has five toe holes in the front end with webbing extending between the toe holes from the top of the sock to the bottom or sole of the sock to provide these openings through which the toes of a user can extend. The sock also has a layer of a PVC vinyl material on the bottom or sole of the sock which has a sticky or friction characteristic to enable the sock to grip a  
10 floor or mat when used by an exerciser, with or without the use of a mat, and to allow the toes to be exposed for tack or gripping functions.